

| Information | Images |
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| <p>Organization: 30m x 30m area Is set up with a 2m x 2m box In each comer. 2 players are placed in each corner, (farm).</p> <p>Procedure: When the coach calls "Go" 1 player from each corner (farm) runs towards the middle to collect an "egg" (Soccer ball). They dribble the egg back to their farm, give their partner a high five and then the next player goes to collect an egg. Once all eggs have been removed from the middle the farmers can now go to other farms to collect their eggs. When the coach calls freeze the farmers with the most eggs in their farm score 2 points. Game can be repeated.</p> | |
| <p>Organization: 30m x 30m area set up. Every -player has a soccer ball apart from the "Mud monster"</p> <p>Procedure: All players dribble around inside the area. 1 player at a time is selected to become the "Mud monster". When the coach calls "go" the Mud monster comes in and attempts to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball in their head shouting. "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets 10 be the mud Imonster for 1 minute.</p> | |
| <p>Organization: Player placed into groups of 3, They play 1v1 to goal.</p> <p>Procedure: Goalkeeper rolls the ball cut and the 2 players play 1v1. After a goal is scored they player who scored the goal goes in goal.</p> | |
| <p>Organization: Players are paired inside a 30m x 30m area.</p> <p>Procedure: When the coach calls "Attack" the player with ball attempts to dribble through the gates. The player without the ball becomes the defender. If the defender wins the ball he/she then becomes the attacker and vice versa. Players play for 1 minute and score a pint every time they go through a gate. Player's cannot go straight back through the same gate. After 1 minute players change partners.</p> | |